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CONTRIBUTION OF PREGNANT WOMEN CLASS TO THE PARTICIPATION OF PREGNANT WOMEN IN PREGNANCY EXERCISES

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ABSTRAK : KONTRIBUSI KELAS IBU HAMIL TERHADAP PARTISIPASI IBU HAMIL DALAM OLAHRAGA KEHAMILAN

Latar belakang: Kelas ibu hamil merupakan sarana untuk belajar bersama yang membahas materi buku KIA berupa tatap muka dalam kelompok yang diikuti oleh ibu-ibu hamil dengan umur kehamilan antara 20-32 minggu yang didampingi oleh suami/keluarga, serta difasilitasi oleh bidan/tenaga kesehatan dengan jumlah peserta maksimal 10 orang. Salah satu materi kelas ibu hamil adalah senam hamil yang bertujuan untuk mempersiapkan fisik dan mental ibu dalam menghadapi dan mempersiapkan persalinan cepat, aman dan spontan. Namun, masih banyak ibu hamil yang belum mengerti dan menyadari bahwa latihan senam hamil yang diajarkan dalam kelas ibu hamil berguna untuk proses persalinan yang lebih baik dibandingkan ibu hamil yang tidak melakukann senam hamil. Di balai desa Jambesari sudah dijadwalkan 3 kali seminggu program kelas ibu hamil dengan rata-rata kehadiran 5-8 ibu hamil, banyak ibu hamil yang tidak mengikuti kelas ibu hamil dikarenakan suami kerja diluar kota sehingga tidak ada yang mengantar saat ada jadwal kelas ibu hamil, ibu hamil bekerja di toko saat ada jadwal kelas ibu hamil, ibu hamil kelupaan saat ada jadwal kelas ibu hamil dan ada beberapa ibu hamil yang belum pernah sama sekali mengikuti kelas ibu hamil. Tujuan penelitian: untuk mengetahui seberapa besar kontribusi kelas ibu hamil terhadap keaktifan ibu hamil dalam mengikuti senam hamil. Metode penelitian: menggunakan deskriptif kuantitatif dengan desain *quasi experiment* dengan pendekatan *pre-post test design without control*, dengan *total sampling* sejumlah 45 ibu hamil yang berada di Desa Jambesari, dan analisa data menggunakan uji T-test. Hasil penelitian: Nilai probabilitas/p value uji T paired 0,000 > 0,05 (95 % kepercayaan) yang artinya ada perbedaan antara pre dan post perlakuan untuk variabel kelas ibu hamil. Nilai Mean 0,37778, dimana ada kecenderungan terjadinya peningkatan keikutsertaan ibu hamil dalam mengikuti kelas ibu hamil setelah dilakukan perlakuan, dengan rata-rata peningkatan 0,37778 setiap kali kegiatan kelas ibu hamil berlangsung. Nilai probabilitas/p value uji T paired 0,001 > 0,05 (95 % kepercayaan) yang artinya ada perbedaan antara pre dan post perlakuan untuk variabel senam hamil. Nilai Mean 0,22222, dimana ada kecenderungan terjadinya perubahan perilaku ibu hamil untuk rutin melakukan senam hamil di balai desa setelah dilakukan perlakuan, dengan rata-rata peningkatan 0,22222 setiap kali kegiatan senam hamil. Kesimpulan: Kegiatan kelas ibu hamil berkontribusi besar dalam perubahan perilaku ibu hamil untuk mengikuti senam hamil secara rutin karena terbukti bermanfaat bagi ibu hamil, salah satunya mampu mengurangi kecemasan ibu hamil dalam menghadapi proses persalinan dan juga mengurangi keluhan pegal-pegal di punggung dan pinggang selama kehamilannya. Saran: disarankan kepada pihak Puskesmas Mojopanggung dan Bidan wilayah untuk melakukan jemput bola pada saat pelaksanaan program kelas ibu hamil, dan dilakukan pendampingan oleh kader kesehatan terhadap ibu hamil selama program kelas ibu hamil di balai desa.

Kata kunci: Ibu Hamil, Kelas Ibu Hamil, Senam Hamil

ABSTRACT

Background: The class for pregnant women is a means for learning together that discusses MCH handbook material in the form of face-to-face meetings in groups attended by pregnant women between 20-32 weeks of gestation accompanied by their husbands/family, and facilitated by midwives/health workers with a maximum of 10 participants. One of the class materials for pregnant women is pregnancy exercise which aims to prepare the mother physically and mentally to face and prepare for fast, safe and spontaneous labour. However, there are still many pregnant women who do not understand and realize that the exercise of pregnancy exercise that is taught in classes for pregnant women is useful for a better delivery process compared to pregnant women who do not do pregnancy exercise. At the Jambesari village hall, a class program for pregnant women was scheduled 3 times a week with an average attendance of 5-8 pregnant women. Many pregnant women did not attend classes for pregnant women because their husbands worked out of town so that no one accompanied them when there was a

class schedule for pregnant women. pregnant women work in shops when there are classes for pregnant women, pregnant women forget when there are class schedules for pregnant women and there are some pregnant women who have never attended a class for pregnant women at all. Research objective: to find out how much the class contribution of pregnant women is to the activity of pregnant women in participating in pregnancy exercise. Research method: using a quantitative descriptive with a quasi-experimental design with a pre-post test design without control approach, with a total sampling of 45 pregnant women in Jambesari Village, and data analysis using the T-test. The results of the study: The probability value/p value of the paired T test is 0.000 > 0.05 (95% confidence), which means that there is a difference between pre and post treatment for class variables of pregnant women. The mean value is 0.37778, where there is a tendency for the participation of pregnant women to attend classes for pregnant women after the treatment, with an average increase of 0.37778 every time the class for pregnant women takes place. The probability value/p value of the paired T test is 0.001 > 0.05 (95% confidence), which means that there is a difference between pre and post treatment for the pregnancy exercise variable. The mean value is 0.22222, where there is a tendency for changes in the behavior of pregnant women to routinely carry out pregnancy exercise at the village hall after treatment, with an average increase of 0.22222 each time the pregnancy exercise is carried out. Conclusion: Class activities for pregnant women contribute greatly to changing the behavior of pregnant women to take part in routine pregnancy exercises because they are proven to be beneficial for pregnant women, one of which is being able to reduce the anxiety of pregnant women in dealing with the delivery process and also reduce complaints of aches in the back and waist during pregnancy. Suggestion: it is suggested to the Mojopanggung Health Center and regional midwives to pick up the ball during the implementation of the pregnant women class program, and provide assistance to pregnant women by health cadres during the pregnant women class program at the village hall.

Keywords: Pregnancy Exercise, Pregnant Women, Pregnant Women Class

INTRODUCTION

Classes for pregnant women are a means to learn together about health for pregnant women, in the form of face-to-face meetings in groups that aim to increase knowledge, change attitudes and behavior of mothers so that they understand about prenatal care so that the mother and fetus are healthy; safe delivery, comfortable postpartum, safe mother, healthy baby; prevention of physical and mental illness, nutritional disorders and complications of pregnancy, childbirth and postpartum so that mothers and babies are healthy; newborn care for optimal growth and development; and physical activity/exercise for pregnant women. (Kementerian Kesehatan RI, 2014)

So far, pregnant women always have their pregnancies checked at posyandu, polindes, pustu, puskesmas, PMB, maternity clinics, and hospitals. During the prenatal check-up, pregnant women will receive individual consultations, which have weaknesses, including: the knowledge gained is limited to the health problems experienced during the consultation; the counseling provided was not coordinated so that the knowledge given to mothers was only knowledge possessed by officers; there is no work plan so there is no cross-sectoral and cross-program monitoring or guidance; implementation of counseling is not scheduled and not continuous. (Kementerian Kesehatan RI, 2014)

This, a learning method is needed through classes for pregnant women with discussion of MCH book material in the form of face-to-face meetings in groups attended by pregnant women between 20-32 weeks' gestation accompanied by their husbands/family, and facilitated by midwives/health workers with a total number of a maximum of 10 participants. In this class for pregnant women, all participants will study together, discuss and exchange experiences about maternal and child health (MCH) in a comprehensive and systematic manner, and it will be carried out in a scheduled and continuous manner which can be held 3 times during pregnancy or according to the agreement between the facilitator and participant. (Kementerian Kesehatan RI, 2014)

One of the materials obtained during this class for pregnant women is physical activity/exercise for pregnant women which aims to prepare the mother physically and mentally to face and prepare for fast, safe and spontaneous delivery. Pregnancy exercise also functions to strengthen the muscles of the pelvic bones, flex joints, and especially train concentration so that you can divert your mind so you can forget the pain of giving birth, and strengthen your breath. (Sinaga, Siregar, & Munthe, 2020) However, there are still many pregnant women who do not understand and realize that exercise during pregnancy is useful for pregnant women for better birth outcomes than pregnant

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women who do not do pregnancy exercise. (Sinaga, Siregar, & Munthe, 2020)

In Jambesari Village, which is included in the working area of the Mojopanggung Health Center, a routine class program for pregnant women has been carried out which is held at the Jambesari village hall with a schedule of 3 times a week with an average regular attendance of 10-15 pregnant women, due to some limitations of pregnant women attending classes for pregnant women include: husbands work out of town so no one takes them when there is a class schedule for pregnant women, pregnant women work in a shop when there is a class schedule for pregnant women, pregnant women forget when there is a class schedule for pregnant women and there are some pregnant women who have not never attended a maternity class. Based on the results of the preliminary study, the researchers took the initiative to see how far the class contribution of pregnant women had an impact on changes in the behavior of pregnant women to routinely take part in pregnancy exercise in Jambesari Village.

METODE PENELITIAN

This study uses a quantitative descriptive method with a quasi-experimental design with a pre-post test design without control approach which aims to assess the extent to which the class contribution of pregnant women has an impact on changing the behavior of pregnant women to routinely take part in pregnancy exercise in Jambesari Village. The population is all pregnant women in Jambesari Village, Working Area of the Mojopanggung Health Center. Sampling used total sampling with a total of 45 pregnant women who had attended classes on pregnant women. Data collection used a cross sectional approach, with primary data types (questionnaire) and secondary data (pregnancy exercise attendance). Before the inaugural class for pregnant women began, the participants for the class for pregnant women filled out a questionnaire about carrying out the class for pregnant women and the benefits of doing pregnancy exercise. Then participants took part in class activities for pregnant women which contained presentation of material on healthy pregnancy, preparation for childbirth, preparation for breastfeeding, preparation for newborn care, and so on. Followed by the implementation of pregnancy exercise at the end of the class session for pregnant women. After carrying out class activities for pregnant women 3 times a week within 3 months, at the end of the last session the class participants for pregnant women will fill out the questionnaire again. Both the results of the pre and post questionnaires were then analyzed using the T-test with the SPSS 22 application.

RESULT AND DISCUSSION

Based on the table above, the mean value after class for pregnant women is higher than before class for pregnant women. This is in line with the objectives of the pregnant women class, namely to increase knowledge and change attitudes and behavior of mothers so they understand about prenatal checks so that the mother and fetus are healthy; safe delivery, comfortable postpartum, safe mother, healthy baby; prevention of physical and mental illness, nutritional disorders and complications of pregnancy, childbirth and postpartum so that mothers and babies are healthy; newborn care for optimal growth and development; and physical activity/exercise for pregnant women. (Kementerian Kesehatan RI, 2014)

Tabel 1
Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pregnant Women Class Pre	2.1111	45	.61134	.09113
	Pregnant Women Class Post	2.4889	45	.69486	.10358
Pair 2	Pregnancy Exercise Pre	2.2444	45	.77329	.11528
	Pregnancy Exercise Post	2.4667	45	.72614	.10825

Especially in the activity of pregnancy exercise which experienced a higher increase than before exposure to pregnancy exercise. This is in line with other studies which state that pregnancy exercise plays a role in strengthening contractions and maintaining the flexibility of the muscles of the abdominal wall, ligaments, and pelvic floor muscles so that pregnant women gain strength and good muscle tone, good breathing techniques, and good breathing techniques. important in the delivery process, apart from that there is also the fact that there is a tendency for pregnant women to choose to continue exercising or doing activities even though the gestational age is already in the final trimester. (Semmagga & Fausyah, 2021)

Tabel 2
Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Pregnant Women Class Pre & Pregnant Women Class Post	45	.725	.000
Pair 2	Pregnancy Exercise Pre & Pregnancy Exercise Post	45	.845	.000

The correlation value between the class variables of pre and post pregnant women is 0.725, which means that there is a strong relationship with a significance of 0.000, which means the significance is at the 0.01 level.

The correlation value between the pre and post hami exercise variables is 0.845, which means that there is a very strong relationship with a significance of 0.000, which means the significance is at the 0.01 level.

Tabel 3
Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pregnant Women Class Pre – Pregnant Women Class Post	-.37778	.49031	.07309	-.52508	-.23047	-5.169	44	.000
Pair 2	Pregnancy Exercise Pre – Pregnancy Exercise Post	-.22222	.42044	.06268	-.34854	-.09591	-3.546	44	.001

Probability value/p value of paired T test 0.000 > 0.05 (95% confidence) which means there is a difference between pre and post treatment for class variables of pregnant women. The mean value is 0.37778, where there is a tendency for the participation of pregnant women to attend classes for pregnant women after the treatment, with an average increase of 0.37778 every time the class for pregnant women takes place. This is supported by the results of other studies which state that while attending classes for pregnant women, respondents have received information, interacted with each other and shared experiences between participants (pregnant women with pregnant women) as well as with tutors/midwives about pregnancy, changes and complaints during pregnancy, care pregnancy, childbirth, postpartum care, postpartum family planning, newborn care, local myths/beliefs/customs, infectious diseases and birth certificates. (Linarsih, 2012)

The probability value/p value of the paired T test is 0.001 > 0.05 (95% confidence), which means that there is a difference between pre and post treatment for the pregnancy exercise variable. The mean value is 0.22222, where there is a tendency for changes in the behavior of pregnant women to routinely carry out pregnancy exercise at the village hall after treatment, with an average increase of 0.22222 each time the pregnancy exercise is carried out. This is supported by the results of other studies which state that every pregnancy exercise movement contains elements of relaxation techniques or breathing exercise techniques, which can help mothers to stabilize their emotions; the mother will relax, calm down and can also inhibit painful stimuli that arise during pregnancy, so that the mother can prepare herself for childbirth. (Hidayati, 2019)

CONCLUSION

Class activities for pregnant women contribute greatly to changing the behavior of pregnant women to participate in routine pregnancy exercises because they are proven to be beneficial for pregnant women, one of which is being able to reduce anxiety for pregnant women in dealing with the delivery process and also reduce complaints of aches in the back and waist during pregnancy.

SUGGESTION

Suggestions for the Mojopanggung Health Center and Midwives in the Jambesari Village area

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to continue to carry out pick-up balls for all pregnant women in their area so that they can participate in pregnancy exercise activities that are integrated into pregnant women class material.

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